the bindings and shoe supporting surfaces can be quickly and easily accomplished by the cyclist, without looking down, even while riding (coasting). The cyclist may also set the pedal, while engaged to the binding, to automatically change to unbound mode, on both sides of the pedal simultaneously, immediately upon the release of the shoe cleat from the binding. In a further embodiment, only one side of the pedal features a clipless binding and a shoe supporting surface which are relatively variable in height; the other side of the pedal features a fixed shoe supporting surface only. The aforementioned feature providing automatic change to unbound mode upon shoe release may be combined with this embodiment.

Please replace the paragraph beginning on page 17, line 2 with the following rewritten paragraph:

--Though the motion of bindings **32** relative to shoe supporting surfaces **15** is arcuate, it is the height of the top surfaces of each binding **32** relative to the height of the corresponding shoe supporting surface **15** which determines whether the pedal can be used in either a clipless binding mode, with a cycling shoe **27** having a sole **28** recessed cleat **31** attaching to a clipless binding **32**, or in an unbound mode where a cycling shoe **27**, or other shoe contacts primarily a shoe supporting surface **15** and is otherwise unattached to the pedal. This relative height can be generally defined as the difference in height of a plane parallel to the rotation axis of spindle **12** and tangent to shoe supporting surface **15**, at the point of shoe sole **28** contact, and the height of a plane similarly parallel to spindle **12** rotation axis and tangent to the uppermost facing surfaces of a binding **32** at a similar point of shoe **27** or cleat **31** contact. Thusly, pedal body **14**, pins **38F** and **38R**, links **42**, pins **44**, springs **45**, clips **46** and **50**, pins **48**, springs **54** , release plates **58A** and **58B**, pins **60** and **62**, comprise the primary parts of a rider actuated linkage **43** (fig.3A) that stably supports and connects bindings **32** to shoe supporting surfaces **15** in a relative variable height configuration.

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Please replace the paragraph beginning on page 20, line 34 with the following rewritten paragraph:

--Thusly, body **114**, bearings **116** and **118**, pivot journals **150** and **154**, extension lock pins **168L**, **168R**, retraction lock pin **182**, front rail cage assembly **148**, and rear rail cage assembly **149** comprise the primary parts of a rider actuated linkage **110** (fig. 11A) rotatably connecting both bindings **132** and shoe supporting surfaces **115** to spindle **112** in a variable relative height configuration, sufficiently variable to allow the pedal to be used either as a clipless pedal on both sides of the pedal or as a unbound type pedal on both sides of the pedal, where the shoe is not attached to the pedal, and furthermore, recessed cleat **31** does not contact any part of the pedal.--

Please replace the paragraph beginning on page 21, line 6 with the following rewritten paragraph:

--The description above is detailed and specific, showing only several embodiments out of many possible ones which provide the same novel functionality. As such, the invention is not limited to the description in scope. For example, new materials or fabrication methods may be substituted for the suggested ones in the description, and parts may be changed in size and shape to reduce weight, costs, to increase strength and durability, or to improve performance, especially in adverse conditions such as the presence of mud or dirt. For instance, in the preferred embodiment, shoe supporting surfaces **15** could be placed slightly higher (further apart from each other) and links **42** made slightly longer to retract bindings **32** further into pedal body **14**. This might provide better shoe sole grip for worn down shoe soles. It could allow the use of certain non-sole recessed cleat and binding systems by allowing the cleat to protrude into cutout **30**. There are other possible linkage configurations which provide similar functionality. As an example, it is possible to

modify the last alternate embodiment by affixing bases **134** to rear rail connector plates **146L** and **146R**, and affixing bail pivot pins **138** to front rail side plates **144L** and **144R**, in order to provide height variability in both the binding and the shoe supporting surfaces. This slightly reduces the total height of the pedal when operating in unbound mode. It would also be possible, and obvious to combine the main features of both the preferred and first alternative embodiments with those of the last alternative embodiment, including the automatic conversion to unbound mode upon cleat release from the binding. There are other existing bindings possible which can be substituted, some of which are simple enough to be formed continuous with a connecting linkage. Other possible bindings exist which can be substituted that have no moving parts. The shoe supporting surfaces **15,** of the preferred embodiment may be shaped differently than shown, such as flat, rather than curved. They may have less surface area shown, to provide extra clearance for muddy conditions. The shoe supporting surfaces of the preferred embodiment may consist of traditional cages, similar to the last alternative embodiment, rather than broad surfaces, though this might limit its compatibility to certain types of shoe sole designs. The need to seal, or otherwise protect the moving mechanisms against dirt and water is obvious and the addition of features not described here can be anticipated, such as shaft seals for exposed rotating parts, flexible boots for exposed sliding parts, gaskets, surface hardening treatments, the addition of rolling elements to replace sliding surfaces or elements, dry-film surface lubrication treatments, surface corrosion protection treatments, surface texturing treatments, or features to provide better shoe grip, etc. The second alternative embodiment described here, having only one binding, but retaining some of the parts necessary for operation with two bindings can obviously be simplified for cost savings, at the expense of being easily convertible to the preferred embodiment, by the simple addition of another binding. Similarly, the last alternative embodiment can be reconfigured to provide for lighter weight, lower cost, and to provide other improvements.--